Men's Basketball League

A senior men's basketball league welcomes all men over the age of 50 to practice with them on Saturday mornings. Call Bruce Nesbitt at 286-9581 for more information.

Billiards

Billiards is a great way to visit and meet with friends. A variety of games are played at each center. The Billiards rooms are closed on Sunday.

Barelas

Billiards Room • 25¢ Monday – Friday, 8:00 am − 5:00 pm

Bear Canyon

Billiards Room • 25¢ Monday – Friday, 8:00 am − 5:00 pm Saturday, 9:00 am − 3:00 pm

Highland

Billiards Room • Donation Monday – Friday, 8:00 am – 5:00 pm Saturday, 10:00 am – 5:00 pm

Los Volcanes

Billiards Room • 25¢ Monday – Friday, 8:00 am − 5:00 pm Saturday, 9:00 am − 3:00 pm

North Valley

Billiards Room • Donation Monday – Friday, 8:00 am – 5:00 pm

Palo Duro

Mtn. Mahogany Pool Room • 25¢ Monday – Friday, 8:00 – 5:00 pm Wednesday until 8:30 pm Saturday, 9:00 am − 3:00 pm

DANCE INSTRUCTION

See Clubs for Jubilee Dancers

Belly Dance Fitness Class

Belly Dance is both a celebration of the female spirit and a physical display of the strength and beauty of women of all sizes, ages and shapes. It celebrates the pure joy of movement and rediscovering the body with natural moves. This activity can burn up to 400 calories per hour. Combined with a healthy diet, Belly Dance can be part of a sound weight loss program. No matter what shape, gender or height you might be, this exercise is perfect for everyone.

Manzano Mesa Multigenerational Center • East Social Hall Thursday, 5:45 – 7:00 pm • Amaya

African Dance/Drum Class

This is a combination class incorporating various traditional styles of African Dance and drumming. The group is being recognized as a new form of entertainment, and being asked to perform at numerous outings and events. No experience is necessary.

Manzano Mesa Multigenerational Center • Room 4 Tuesday, 2:15 – 3:30 pm Camilla Dodson



Ballroom Dance Lessons

Learn the hottest dance steps, meet new friends and exercise too!

Highland • Social Hall Thursday, 1:30 – 3:00 pm Esther Roybal

Palo Duro • The Mesquite Room Friday, 2:00 - 3:15 pmFred Laureta & Esther Roybal Registration is required at the front desk.

Clogging

Clogging is an American dance form that began in the Appalachian Mountains. The word "Clog" comes from the Gaelic word meaning, "time." Clogging is done to all kinds of music from Country Western to WWII songs.

Bear Canyon • Social Hall Friday, 9:30 – 11:00 am McCov, 296-5376

Manzano Mesa Multigenerational Center • East Social Hall Tuesday, 4:30 – 6:00 pm Shirley Smith

Square Dance

This group lets you practice modern American square dancing. You'll dance at the mainstream level (70 moves) with announced plus tips. Knowledge of square dancing is required to take this class.

Palo Duro • The Mesquite Room Wednesday, 1:00 – 3:00 pm Jensen



Tap Dance

Heel, toe, heel, toe. Sound familiar? This class will teach you to tap dance while getting your exercise. You will learn basic steps and routines. New members welcome.

Palo Duro • The Mesquite Room Tuesday, 9:30 – 11:00 am Emmett



Join a Senior Center today for just \$13 a year.

Your leisure-time enrichment partners.

Information call: 764-6400. The Department of Senior Affairs or the Citizen Contact Center 311



Line Dance

Line dancing is great for people who love to dance but don't have a partner. Each person learns the dance routine and dances in a line, much like a chorus line. We cannot accept beginners after the first month of each new class.

Barelas • Social Hall

Saturday, August 4 & 11 1:00 – 2:00 pm \$20.00 per person materials free for both classes • Christine Saiz

Bear Canyon • Social Hall

Line Dancing Advanced Thursday, 1:30 – 3:15 pm Dominguez, Powell • \$1.00 per class

Line Dancing Beginning
Thursday, 3:30 – 4:30 pm
Dominguez, Powell • \$1.00 materials
fee per class

Line Dancing Intermediate II Tuesday, 1:30 – 3:00 pm Hull, Robertson

Highland • Social Hall

Line Dancing Intermediate Tuesday, 1:30 – 3:30 pm Bice

Line Dancing Advanced Wednesday, 1:30 – 3:30 pm Bice

Los Volcanes • Social Hall

Line Dancing Tuesday, 9:30 – 10:30 am Line Dancing Beginning

Thursday, 9:00 – 9:30 am Tidy • \$1.00 per class

Manzano Mesa Multigenerational Center • Social Hall

Beginning Line Dancing Wednesday, 1:30 – 3:00 pm Helen Janacek (Wednesday)

Intermediate I Line Dancing Wednesday, 3:00 – 4:30 pm Helen Janacek (Wednesday)

Intermediate II Line Dancing Friday, 1:30 – 3:00 pm Wylene Santistevan (Friday)

Advanced Line Dancing Friday, 3:00 – 4:30 pm Wylene Santistevan (Friday)

Palo Duro • The Mesquite Room

Advanced Line Dancing Monday, 1:30 – 3:15 pm • K. Tidy

Beginning Line Dancing Monday, 3:30 – 4:30 pm • K. Tidy

Advanced Line Dancing Saturday, 9:00 – 10:30 am Helen Janacek

Beginning Line Dancing Saturday, 10:30 am – 12:00 noon Helen Janacek

North Valley • Social Hall

Beginning Line Dancing Monday, 2:00 – 3:00 pm

DANCE COMPETITION

Albuquerque 50+ Games Talent and Dance Idol Competition

The Albuquerque 50+ Idol Talent Show and Dance Competition will be held on Wednesday, April 23, 2008 at the South Broadway Cultural Center. The Albuquerque 50+ Games (formerly Albuquerque Senior Olympics) is now year-round! See Albuquerque 50+ Sports & Fitness Catalog for details for dates or call 880-2800

The Dance Competition is part of the Talent Show at the South Broadway Cultural Center. Seating is limited for this popular show and tickets are required. To reserve your free tickets call the 50+ Sports & Fitness Office at 880-2800.

Meeting and Dress Rehearsal: The mandatory dress rehearsal will be Monday, April 21, 2008, at 8:00 am and the show is scheduled for Tuesday, April 22, 2008, at 1:00 pm The competition will include both ballroom dancing and line dancing. The Latin categories for the dance competition will be: rumba first round, and samba second round. On Wednesday, March 12 from 1:00 to 2:00 pm there will be a mandatory meeting for the Talent Show and Dance Competition. We will cover new rules and regulations and what to expect at the dress rehearsal and the performance. Call Berlinda Padilla at 880-2800 for more information.

Unless noted activities leave or take place at the center sponsoring the activity.



DANCES

Dance

A great opportunity to meet with friends, hear live music and practice your ballroom moves.

Bear Canyon • Social Hall Thursday, 6:30 – 9:30 pm Various bands • \$2.50

Dance, Afternoon

Dance to top 40s, Spanish, country western, and oldies. Check out the bulletin board for our monthly listings of bands.

Barelas • Social Hall Friday, 1:30 – 4:00 pm Various bands • \$2.50

Los Volcanes • Social Hall Thursday, 1:30 – 4:30 pm Various bands • \$2.50

North Valley • Social Hall Sunday, 1:30 – 4:30 pm Various bands • \$2.50

Highland • Social Hall Saturday, 2:00 – 5:00 pm Various bands • \$2.50





Dinner Dances

Spend an elegant evening dining and dancing to ballroom music.

Barelas • Social Hall 2nd Wednesday of the month, 4:30 – 7:00 pm Doors open at 4:00 pm Various bands • \$7.50 per person

Los Volcanes • Social Hall Last Tuesday of the month, 5:30 – 8:30 pm Doors open at 5:00 pm Various bands • \$7.50 per person Winter Hours: 4:30 – 7:30 pm Doors open at 4:00 pm

North Valley • Social Hall 3rd Tuesday, 4:00 – 7:00 pm Dinner served at 4:30 pm Various bands • \$7.50 per person



2nd Annual Dancing Under the Starz Friday, May 23rd 2008 Call 764-6400 for details

